October Protocol

NUTRITION: my share of cheat days – but

No sugar, no dairy, no caffeine, no gluten. Was on the Paleo - but felt my wonky tummy needed some help. Giving the GAPS sensibility a go. Eating meat and eggs regularly for the first time in many years as well as bone broth (ewww.) Next week going to graduate to the Wahls and see how that feels. Don't like eating so much meat.

Took a break from all herbs/supplements for two weeks. Take herbs regularly, but supplements every other day or so. Making my own tinctures now because it is cheaper.

Buhner suggests continue with herbs until no longer herxing – and 3 months after.

Herxing much less, not as hard, and not as noticeable. Plan to continue until December and then cut back to a few basic ones.

HERBS

Japanese Knotwood

Cats Claw

Hottuynia

Artemisia

Greater Celandine

Eleutheros

Olive Leaf Extract

Milk Thistle

Serrapetase

Grapefruit Seed Extract (taking a break)

Teasel

Ashwaganda

GUT/DIGESTION SUPPORT

Pro-biotics

Digestive enzymes

D-limone

GAPS style for a bit, fermented foods

Capryl

Bone Broth 2-3 times a day

Homemade ginger tea daily

ANTI-INFLAMMATORY

Tumeric in my smoothies

Arnica

SUPPLEMENTS

Multi-vitamin

Glucosamine Chondroitin

Salmon Fish Oil

Calcium, Magnesium, Zinc mix or Calcium, Magnesium, D mix

Vitamin D

Vitamin E - out

CoQ10

Vitamin A

Vitamin K

Methyl B12

Trader Joe's Super Green Mix in smoothies

L-Arginine

L-Glutamine

Emergen-C

DETOX

Apple cider vinegar

Activated Charcoal

Sauna

Exercise

Staying away from lemon for a bit

Herbal teas

HEALTHY FATS

Coconut oil

Cold pressed olive oil

Home made ghee

MOOD

THC – in the evening. Anxiety and Panic has cleared, fluctuating low mood remains. THC helps keeps it level.

SLEEP

THC

liquid melatonin

theanine, tryptophan, or valerian